

AFRO-AMERICAN CULLINGS

Our readers have already been instructed and edited by Mrs. George F. Shears' account of the biennial meeting of the Federation of Colored Women's clubs at Wilberforce, O. Miss Zena Gale, her companion, the two, we believe, making the only white attendants, has given her version of the story in Life and Labor, the organ of the Woman's Trade unions. The extracts from the utterances of these present found in Miss Gale's article are so persuasive and inspiring that we gladly lay hold of them for the benefit of Unity readers. The chairman of the executive board, Mrs. Mary Talbert of Buffalo, among other things, said:

"Never in the history of our race have our women had so great a privilege as is granted to us, the privilege to be and to do what we will, to develop our highest powers, to improve every opportunity, to satisfy our deepest longings for educational advancement. For the women of our race of 50 years ago were the common burden bearers, the common property of the horde, refused the privilege of reading and writing, forbidden to recognize their own names when they saw them in writing. And yet they were trusting in God.

"To my mind comes the first Negro club woman, Frances Ellen Watkins Harper, who after the Civil war—rather, I might say, after our new birth—went up and down the Southland to the newly liberated slaves, and urged upon those mothers to start at the fire-side. In a letter dated Greenville, Ga., March 29, 1870, she writes: 'Now is the time for women to begin to try to lift up their heads and plant the roots of progress under the hearthstones.' Today the Negro women all over the country have seen that flower grow, and it is for us to continue to plant."

"This is the field. Now what of the co-operation? There can be but one motive in all our work—the spirit of Christian love, the expression of racial brotherhood. What we have done cannot be measured only by advance, but by the deterioration which we have helped to prevent. We know that in every community there are splendid women who have not yet seen the necessity of lifting as we climb, who have not felt that they could leave their whitest tables to do this work, and yet they will tell you that they are in sympathy with what we are trying to do. Nobody can be the friend of any class by being the enemy of any other class. You can be the friend of one class only by showing it the line along which it can accommodate its work to the best advantage. The lines of help are always the lines of this accommodation. I firmly believe that the more we interest our women of the favored classes to work with the women in humble lives the better our work will be done—this work of lifting an entire Negro manhood and womanhood into better life.

"It behooves us as club women to see that we urge our ministry to co-operate with us. Often ministers have been particularly antagonistic to this club movement, fearing that it will affect the financial support of the church. We sympathize with the feeling of such ministers, for we know that the average minister does not receive a living salary, much less a working salary. But we must educate them to the fact that the time has come when they, too, must join with us in enlarging the work by these organizations of women's clubs."—Unity.

Inquiries replies to which will demonstrate convictions pertaining to a majority of the questions now of the greatest importance to the Negro race have been sent to all candidates for congress of the Republican, Democratic and Progressive parties by the National Association for the Advancement of Colored People, with headquarters in New York. The candidate is requested to make known his intention as to whether, if elected, he will vote against any measure abrogating the fourteenth and fifteenth amendments, segregation in the federal service, residential segregation in the District of Columbia, segregation as regards "Jim Crow" cars in the district and laws making racial intermarriage in the district invalid. He is also asked if, under any circumstances, he justifies lynching or favors the enforcement of clause 2 of the fourteenth amendment of the Constitution.

Recently colored nurses have been placed in responsible positions as attendants in the state hospitals of Kansas.

Applewood is the favorite material for ordinary saw handles, and some goes into so-called briar pipes.

Nearly five hundred cities now have public playgrounds and about half of them receive municipal support.

To the close of 1913 Alaska had produced known mineral wealth to the value of \$248,300,000.

More than 858,000 young trees are being set out on national forests in Utah and southern Idaho.

Automobiles are becoming popular in Beirut, Syria. Already 27 cars are registered.

St. Pierre, Martinique, destroyed in 1902 by earthquake, has never been rebuilt.

More than 50,000 Africans—Negroes—have come to this country since 1901.

The buffalo of the United States and Canada now number about three thousand.

If one of three Negro boys can't ride the animal, that horse will not see service in the allies' cavalry. The British government, which continues buying horses at the Kansas City stock yards, says nothing about Negroes in its horse contracts, but under the clause "well broken" the British inspectors have to see the horse ridden, and it is up to the man selling the horse to supply riders. Therefore it falls to Negro cuffers at the horse barns to supply the "nerve touch" required by the British.

Sambo, Pete, Jake one day, it may be Fred, "Willum," or "Foots" the next. It makes little difference, what their last names are. They are heroes among their fellow beings, and in addition to the receipt of three to five dollars a day, by risking their necks, often they may get a tip from the boss.

The firm handling the horses has tried cowboys and circus riders, but because riders are not allowed saddles real cowboys pass up the job. The uncertain gait and movements of the horses soon discourage the circus riders. But the Negro boys stick.

An alley 150 feet long, flanked by high board fences and brick paving underneath, may be the horses' last run in America. Horse and Sambo are at one end, the inspector at the other.

"Ready," calls the ring master, and Sambo goes in the air, alights like a spring clothespin on a new rope line. The horse may go all right, and then he may go both ways at once, but if he passes up and down the alley twice without displacing his jibbail he goes to the British.

The British government has accepted 5,100 horses at the Kansas City stock yards barn. The animals had all been measured, tested for sight and soundness, and the bulk of them ridden by colored boys.

Most of them had been given the "Mallein" test for glanders. D. H. E. Adair and his assistants in Kansas City of the United States bureau of animal industry, applied that test to 4,370 horses, during September, and 1,000 more are at Lathrop, Mo., awaiting the test. The government test for glanders is free of charge.

After the rider has discharged his duty the horse is turned to the branders and when he gets through, there is an arrow on the shoulder, and a number on the hoof. The horse is a Britisher.

Jacob Estey, one of the pioneer makers of pianos and organs in America, was born in Hinsdale, N. H., one hundred years ago. His youth was one of adversity, and it was only by the hardest work and personal sacrifice that he was able to obtain a common school education. At the age of twenty-one he bought with his savings an interest in a business for the making of melodeons. For a number of years thereafter he acted as his own salesman, traveling through New England and Canada selling his instruments. With the profits thus obtained he embarked in the manufacture of pianos and organs. His business grew rapidly, and at the time of his death, in 1890, it was the largest of its kind in the world. Mr. Estey spent his large fortune liberally for good purposes. He was the chief founder of Shaw university for colored people at Raleigh, N. C.

In the Hampton Trade school, and, indeed, in other departments, a student is rated for speed, accuracy, judgment, initiative, earnestness, neatness, responsibility and conduct. Of course, all of these factors do not receive the same weight, but they do form the basis for judging individuals. Hampton applies, in its daily routine, the common tests of everyday life used in the outside world where men and women must stand or fall according to the standards which they attain in their work.

Learning by doing, turning disadvantages into advantages, making the best use of one's resources—these are some of the fundamentals in the Hampton idea of education. Service and self-sacrifice form the core of the Hampton training. Results in good citizenship and safe leadership characterize Hampton's work.

The total coal supply of the world recently was estimated at 7,397,533,000,000 tons, of which nearly 4,000,000,000,000 tons are bituminous, Asia having the largest quantity of any continent.

Last year the revenue cutter service saved 327 persons from death or peril, took 264 persons off shipwrecked vessels, destroyed 21 derelicts and saved other derelicts to the value of \$18,000.

San Antonio, Tex., is to try the experiment of paving streets with mesquite wood blocks. It is stated that millions of acres of land in southern Texas and northern Mexico are covered with a thick growth of mesquite trees. The wood, it is said, is of remarkable durability.

Salmon fishermen in British Columbia earn \$15 a day, and some instances where the catch is exceptionally good as much as \$25 a day.

The world's greatest deposit of wolframite, the mineral from which tungsten is obtained, now being exploited in the world, is in Portugal.

A San Francisco electrical company is using a demonstration car to make rural communities acquainted with the use of the current on the farm and in the household.

TWO VARIETIES OF PUREE

May Accompany Meat or Form the Foundation of a Most Substantial Soup.

A puree may be either an accompaniment to meat or form the foundation of a substantial soup. Whatever vegetable is turned into a puree must first be well boiled, then passed through a sieve—a work demanding patience, it is true. The puree will then have a little butter and seasoning added to it, cream or the yolk of eggs, or some gravy sauce, according to what meat it accompanies.

A puree of chestnuts accompanies veal or poultry and requires the addition of a little thick cream. A puree of white haricot beans accompanies roast mutton.

A puree of sorrel or spinach, or both combined, is really nice when served without meat and placed in individual cocottes or in shells of fried bread. After passing the spinach, etc., through the sieve it is beaten up with a little butter and cream and liberally seasoned. It should not be boiled more than just enough to cook it tender, and then it will keep its color and flavor.

Cucumbers, marrows, turnips, artichokes and pumpkins all make delicious purees, sweet or savory. Another delicious puree of small white onions and new potatoes makes a dainty dish. If sufficient cream is added, and the mixture is put into small china dishes and browned on top.

The puree destined for serving alone or as an accompaniment to meat must be kept thick, yet smooth; the puree that forms the foundation of a soup is lengthened out to make a sufficient quantity by adding to it meat or vegetable stock, and milk or cream, or milk or eggs, etc. The eggs and cream should not be put in until after the puree is cooked and taken from the fire.

HOME HELPS

The furniture will be improved by being wiped off occasionally with a cloth dipped in linseed oil.

The short grass trimmings from the lawn make very good feed for fowls.

To save face towels put a hanger on both sides of the towel and you will find that instead of one end wearing and the other remaining unworn, both ends will wear evenly.

One quart of flour made up into baking powder biscuits will make from twelve to fifteen, according to the size of the cutter.

When using whipped cream if you add the white of an egg to the cream and whip with it, it requires less cream and is more delicate in taste and flavor.

Washing Jap silk blouses, a teaspoonful of methylated spirit, added to two pints of water, gives just the sufficient stiffness required and saves starching or ironing, when too wet.

Pickled Eggs.
Take eight hard-boiled eggs and, having shelled them, stick four cloves in each. Heat one quart of vinegar (it may need to be diluted if strong) to boiling and add a teaspoonful each of salt, pepper and mustard, or scant three somewhat. Put the eggs into a glass fruit jar, pour the boiling vinegar over them and let them stand two weeks or use sooner if to taste. Serve sliced with broiled beefsteak or mutton, or as you will.

Cocoa Cornstarch Pudding.
Two cups of milk, two tablespoonfuls cocoa, two tablespoonfuls cornstarch, one-half cup sugar, one-quarter teaspoonful salt. Put the milk in top of double boiler, and when boiling, add the cocoa, sugar, cornstarch and salt, which have been mixed with a little cold milk. Boil five minutes. Pour into ice cream glasses or sherbet cups and set aside to cool.—Philadelphia North American.

Four-Egg Cake.
One cupful of butter, two cupfuls of sugar, 3½ cupfuls of flour, one cupful of milk, four eggs, two teaspoonfuls soda, or you can use three teaspoonfuls baking powder. Mix in the flour. Beat yolks and whites separately. Butter and sugar, beat together milk and yolks of eggs, then stiffly beaten whites. This resembles and tastes like pound cake. Cupful raisins make it like fruit cake.

Cottage Pudding.
Cream three-fourths tablespoonful butter and one and a half tablespoonfuls sugar, add two tablespoonfuls beaten egg, one and a half tablespoonfuls milk and five tablespoonfuls flour mixed and sifted with one-half teaspoonful baking powder and a few grains of salt. Beat vigorously, turn into two buttered individual tins and bake in moderate oven. Serve with cream, wine or brandy sauce.

Pork Apple Pie.
Line your platter with rich piecrust and put a layer of apple, then one of all fat pork shaved as thin as you can possibly shave it, then repeat till plate is full enough, then sprinkle a little salt over top of apples, large half cupful sugar, pinch of cinnamon or use nutmeg to taste. Cover with top crust, brush over with milk and bake.

Braised Cucumbers.
Cut cucumbers into halves, peel, remove pulp and mix it with minced meat of any kind, which has been seasoned with salt, pepper and catch-up. Press some of this mixture into each cucumber shell, add a little stock, cover closely and braise in the oven until tender.

To Wash Greasy Tins and Irons.
Pour a few drops of ammonia into every greasy roasting pan after filling the pan with hot water. If the pans and pans are treated in this way immediately after using and left to stand until it is time to wash them the work of cleaning them will be found half done.

Pocket Electric Heater.
For the convenience of travelers there has been invented a pocket electric heater, taking current from a light socket, which will boil a quart of water in three minutes.

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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PROTEIN FOOD.

We have noted that the average man, kept absolutely motionless in bed and fasting, develops 1,625 calories a day, an amount of energy equivalent to lifting one ton (2,000 pounds) more than 2,500 feet, and that to this must be added the energy expended in every additional motion, even to the additional heart beats resulting from mental excitement or any other form of muscular action. This implies a combustion of tissue fuel and, of course, wherever there is combustion, unless it be of pure carbon, there must be waste or ash.

Among our main food materials the proteins are characterized by containing nitrogen in a wonderfully complex molecule that passes through a bewildering series of metabolic changes in our bodies and finally, after having completed the cycle, is expelled from the body chiefly in the feces and sweat.

Physiologists take these facts as a basis from which to figure the food requirements of our bodies, and when they speak of the nitrogen balance, or the carbon balance, they refer to that amount of nitrogen or carbon intake that is exactly balanced by the amounts of nitrogen or carbon excreted from the body. Nitrogen equilibrium, then, is that state of body in which the nitrogen intake is exactly balanced by the nitrogen compounds expelled. If the balance is even, then the body is receiving in the food as much protein nitrogen as it is metabolizing and eliminating in the excreta. If there is a plus balance in favor of the food it is evident that the body is laying on or storing protein, while if the balance is minus, that is, if the total nitrogen excreted exceeds the nitrogen protein taken in the food, the body must be losing protein.

Obviously, anything that will tend to disturb the normal appetite must upset this delicate balance, and therefore lies the disadvantage and the grave danger in using dietetic whips in the shape of condiments, sauces, cocktails and all highly flavored non-nutritive substances. It is important to bear in mind the fact that nitrogen or protein equilibrium may easily be established on different levels. For instance, one may be in nitrogen equilibrium on one ounce of protein and may increase it to two or three ounces and still be in equilibrium, just as you can burn in your furnace three buckets of coal a day or ten. Experience teaches that the extra protein is metabolized in the body and equilibrium is established on a higher level so that there is no accumulation, but the organs must work harder to expel the additional ash. Experimentally it has been found that there is a certain low limit of protein which just suffices to maintain nitrogen balance, and between this level and the maximum capacity of the body to digest and absorb protein food the nitrogen equilibrium may be maintained upon any given amount of protein. The investigations of Chittenden and others in this field seem to show that nitrogen equilibrium may easily be maintained on a plane vastly lower than that generally prevailing, and to lower the protein allowance approximately to this minimum undoubtedly would be of great benefit to the average individual in many ways, especially during hot weather.

Nitrogen is eliminated from the body as urea, creatinine and uric acid. Urea is the most important of the nitrogenous excreta of the body, being the chief end product, so far as nitrogen is concerned, of the physiological metabolism of the proteins and the albumenoids of the foods. If we know how much urea is secreted in a given period we know approximately how much protein has been broken down in the body in the same time.

Next to urea and the ammonia compounds it forms, the most important of the known nitrogen constituents of the urine is creatinine.

Uric acid is generally believed to be the result of the daily wear and tear of cell constituents, the final result of cleavage of nucleoproteins. Just what the exact adaptive powers of the normal human body may be we do not know, but inasmuch as there is some close connection between the uric acid group and many of our insidious diseases, the wise man is using great caution in the matter of

his protein foods, especially as the moderate use thereof appears to add to his immediate comfort and well being.

PURIN FOOD MATTER.
Emil Fischer first called attention to a nucleus composed of carbon, hydrogen and nitrogen, which he called "Purin," and which is found to be widely distributed among food matters. The purin bodies are regarded as the parent substance of compounds of the uric acid and xanthin group, which are progressively oxidized purin nuclei, running about as follows:

Purin; adenin, or amino-purin; guanin, or amino-oxypurin; hypoxanthin, or oxypurin; xanthin, or di-oxypurin; uric acid, or tri-oxypurin, uric acid being the most highly oxidized purin of the group.

About twelve different combinations of the purin nucleus are known to exist in nature, but not fewer than 146 have been produced in the laboratory. How many may be formed in the body in the cycle between the protein intake and the nitrogenous excreta and their final effect on human health and happiness is not known, but certainly they exert a profound influence on us.

Purin bodies are stimulants and they exist in all meat extracts, in the flesh meats of ordinary consumption and in much larger quantities in the glandular organs. In lesser amounts they occur in many vegetables and grains, as in oats, the potato and the sugar beet. Caffein, the active principle of coffee and tea, and theobromin, the active principle of cocoa, are respectively trimethyl and dimethyl compounds of xanthin.

Hall names a number of common foods containing purin bodies, and the following list gives the amount contained per pound:

FISH.
Grains per pound. Grains per pound.
Halibut 4.1 Salmon 4.3
Mackerel 4.1 Trout 4.1
Mutton 4.1 Beefsteak 4.1
Loin pork 4.1 Sweetbreads 4.1
Ham 4.1 Chicken 4.1
Beef ribs 4.1 Turkey 4.1
Beef sirloin 4.1

MEAT.
Grains per cup. Grains per cup.
Oatmeal 1.3 Tea 1.3
Beans 1.3 Coffee 1.3
Peas 1.3 Potatoes 1.3

VEGETABLE MATTER.
Grains per cup. Grains per cup.
Oatmeal 1.3 Tea 1.3
Beans 1.3 Coffee 1.3
Peas 1.3 Potatoes 1.3

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Laura Jean Libbey's Talks on Heart Topics

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ARE HOMELY MEN POPULAR WITH WOMEN?

"Tis the pang alone to part
From those we love that rends the heart:
That agony to save,
Some nameless power in nature strives,
And blossoms, and our hope revives."

The brainy young man whom nature did not favor with a handsome face should not stand back discouraged and let his good-looking chum push ahead of him, when there are young and sociable women about.

Men who lack brilliancy of speech, as well as good looks, often fly in the opposite direction when they see women approach. They imagine they cut a poor figure and because of no confidence in their powers to entertain they would rather refuse the invitation of a pretty girl to her home than accept.

If the homely man musters up sufficient courage to call upon a young lady whom he admires and finds a handsome, dashing young fellow in her parlor, he would gladly beat a hasty retreat to see himself. If he knew it, while young women duly admire manly beauty, when it comes to taking a life partner ten girls out of a dozen would prefer the homely man.

Why? Well, they would tell you a score of reasons, but giving you just a few of them is sufficient. Where a man is given a handsome face he is apt to be a little selfish at heart. He is used to admiration and looks for it from women. Marriage does not seem to stifle this egotism. The homely man is used to have slighted, frolicsome girls pass him by for his frolicsome brothers. But when he finds one maiden in whose eyes the loveliest shines for him, his sincere gratitude and delight are boundless. His reverence for womanhood is part of his religion. He is so anxious to please and secure the girl that he doesn't stand long on ceremony, but proposes in short order to settle his doubts and fears.

Happy indeed is the woman who secures him for a husband. He is all devotion for her. Home, wife and children, are his first consideration. He throws himself into business with a zest to surround them with comforts, aye, luxuries. It is seldom or never the very homely man who figures in scandals or who is caught flirting with lively maids when his wife is off for the summer. His heart is a jewel, even though the setting is plain and rugged. Years go on; his peace of mind and contentment show in his face, his lips wear a smile. The man who is handsome in his youth and at least meets and battles with that formidable bugbear, Father Time, becomes disgruntled and cross. To outlive his good looks, pass through a crowd unnoticed, is a calamity to him. Good looks are well enough in a man, if he does not bank too much upon them. In the race for love, it is usually the homely man who carries off the prize. Plainness is not a handicap in a woman's eyes.

PRUDES OR COQUETTES.
Life is delight, each hour that passes over,
Comes like a maiden's kisses to her lover.
A present joy that craves no happier morrow:
Love enthralls us till we hug the chain
And Beauty's smile is worth a miser's gain;
When Hope is better than reality
And Faith is boundless as the boundless sea.

If two girls chum employed in the same establishment go together for a summer outing they are both supposed to have the same likings, enjoy the same pleasures. This is not always the case, however. More often than not a merry little coquette is attracted to the girl who is her opposite in disposition—quiet and severely dignified almost to prudishness.

The girl with bright eyes and winning smiles is sought after by gay rollicking young fellows whose object is simply to have a good time on their summer vacation. They are obliged to be circumspect in their love making because of the presence of the dignified girl, who stares her disapproval if a fellow forgets himself sufficiently to slip an arm about her friend's supple waist. It is she, too, who keeps track of the hours that only tread on flowers. She reminds her friends that the clock in some adjoining steeple has struck ten and insists that they return to their boarding house, though the young men declare it to be just the edge of the evening.

It is she who censures the sport of her heedless friend, frowns down the moonlight buggy rides which one of the young men dares the vivacious coquette to take with him—alone. There are men who are annoyed at the prude's presence; there are other men who admire her sincerely for her sense in keeping out of dangers that her heedless little friend would rush into were it not for her calm, staying hand grasping her firmly and holding her forcibly back.

The coquette who is led by her heart instead of her head is almost sure to pick up a broken stick when it comes to matrimony. Not so the prude. The man who appreciates sense and morals, strict to prudery, lays his fortune at her feet and gives his heart to her for safe keeping.

Two rollicking, merry hearted girls

There is now a chain of wireless stations around the Australian coast as close to each other that as soon as it vessel gets out of the range of one it is taken up by another. Communication, in fact, can be had in a zone of 400 miles by day and 1,400 miles by night from any position on the seaboard. Stations in the north and south of New Zealand and a short-range installation at Fiji complete the system, and it is proposed to link the outlying British possessions in the South seas.

Stamp Markets in the Street.
A street vendor operating in the Strand, London, has struck out a novel line. He is trading as a perambulating stamp dealer, and in place of chocolates, matches or bootlaces, his tray is filled with neat packets of colonial and foreign stamps and boxes of stamp mounts. But, like most novelties, this is not entirely new. In the fifties and sixties of last century philatelists of all ranks, including cabinet ministers and ladies, whose footmen carried their albums, flocked to the open-air stamp market and exchange in Birch Lane, until the police interfered on account of traffic congestion. And in Paris there is, or at least was, another famous al fresco stamp market.

Wireless Circles Island.
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GOOD AS A REFRIGERATOR.
Frenchman Tells of Some Remarkable Things That May Be Done With the Humble Flower Pot.

A certain Frenchman of an investigating turn of mind has just found out that an ordinary red clay flower pot can be made use of to keep water, butter and other things at refrigerator temperatures in tropical climates or the hottest of August days.

Just an ordinary flower pot will do, or any sort of clay jar, porous vessel, or common unglazed earthenware pot. All you need "do" is to "moisten" it over the top with water and keep it over the top of the flower pot. The ends should dip down into a soap dish or basin on which the flower pot stands. This draining dish must be kept full of water all the time. A dark, cool pantry, just where you would keep an ice cooler or a refrigerator, is a good place to keep the clay jar or pot.

Another way described is to wrap a layer of burlap around a porous jar. The water or butter or what not is

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Just an ordinary flower pot will do, or any sort of clay jar, porous vessel, or common unglazed earthenware pot. All you need "do" is to "moisten" it over the top with water and keep it over the top of the flower pot. The ends should dip down into a soap dish or basin on which the flower pot stands. This draining dish must be kept full of water all the time. A dark, cool pantry, just where you would keep an ice cooler or a refrigerator, is a good place to keep the clay jar or pot.

Another way described is to wrap a layer of burlap around a porous jar. The water or butter or what not is

There is now a chain of wireless stations around the Australian coast as close to each other that as soon as it vessel gets out of the range of one it is taken up by another. Communication, in fact, can be had in a zone of 400 miles by day and 1,400 miles by night from any position on the seaboard. Stations in the north and south of New Zealand and a short-range installation at Fiji complete the system, and it is proposed to link the outlying British possessions in the South seas.

do not make the most desirable companions for each other on a summer outing. Each feels that she has no restraining power from the pleasures which she would indulge in, yet knows they are not for her best interest. She picks up strange acquaintances that had best be let alone, makes wrong friends among women which she may have cause to regret later. The road of the coquette is filled with unexpected turns and happenings. Of course prudishness may